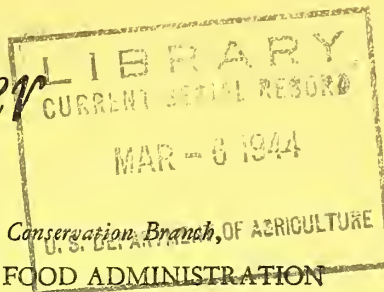


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# Nutrition news letter



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## ACTIVITIES OF NUTRITION COMMITTEES—MENUS UNDER RATIONING CONTEST

Members of the technical section of the Cuyahoga County Nutrition Committee cooperated in a "menus under rationing" contest sponsored by a Cleveland newspaper. They set up the standards by which menus should be planned and measured, assisted in planning the menu work sheets used by contestants, and acted as final judges in the contest. The contest was launched to promote health through proper eating habits, in line with the purposes of the national nutrition program. War Bonds were awarded as prizes to the three homemakers submitting the best week's menus, with food requirements and wartime restrictions taken into account. Any homemaker responsible for planning family menus was eligible, regardless of the size of her family. Another War Bond was awarded to the high school or college student who submitted the best plan for a week's menus. The contestant was required to state the number in her family, ages of the children, if any, her allowance in blue and red ration stamps for the week, and for what foods she spent her ration stamps. The menu work sheet provided space for five meals a day throughout the week—breakfast, lunch, dinner, and the packed lunch and the snack for the late worker. Spaces for the two latter meals were to be filled out only if they had to be included in the contestant's menu plans. Homemakers undoubtedly profited by this contest whether they won prizes or not. The experience in planning meals by following the nutrition committee's recommendations for spending points in accordance with the nutrition yardstick was valuable. The contest also provided a medium for exchange of good ideas for menus.

## SCHOOL CHILDREN LEARN TEXAS FOOD STANDARD

A county nutrition chairman makes the following report in "What's Cooking," Texas nutrition news letter: "Typical of the interesting phases of the program observed that week was the procedure of a Negro primary teacher teaching her class the Texas Food Standard. The children were building Texas Food Standard trains. The engine was constructed from tin cans and the cars of cigar boxes. Each was loaded with servings of food as outlined by the Food Standard . . . The teacher said the mothers told her these children came home from school demanding these foods because they wanted to be strong and healthy men and women."

## Preachers Also Can

One feature of the Interdenominational Ministerial Workshop held during the week of July 12-16 at Bennett College, Durham, N. C., was a series of demonstrations on food preservation given every afternoon along with other scheduled programs. Those ministers who were interested could elect this series. A trained home economist demonstrated the various methods of food preservation such as canning, dehydrating, and brining. At one session the ministers put into practice what they had learned by actually canning tomatoes, drying apples, and brining cabbage. Their keen interest was shown by a statement of one minister, "Food is too



precious, it may be going to waste in one of my member's garden. I can show them how it is done."

#### News Releases on Canning Methods

The Indiana State Nutrition Council has prepared a series of seven news releases on canning methods based on material in Wartime Canning of Fruits and Vegetables issued by the Bureau of Human Nutrition and Home Economics, United States Department of Agriculture, which they have sent to their county nutrition chairmen. They suggest that some papers might want to run the series for a week, others may prefer to use them three times a week. They might appear with the byline of the chairman of the county nutrition committee. This series was sent to the county chairman in the Defense News Letter which is the official bulletin of the Indiana Defense Council.

#### Nutrition Institutes in Urban Areas

Two nutrition institutes of 3 days each have already been held in Lubbock, Tex., and a third such institute is planned for the fall. These institutes are held under the sponsorship of various women's organizations of the city, such as the Federated Women's Clubs, Parent-Teacher Associations, and the Home Demonstration Clubs, with the assistance of the Lubbock County-City Food and Nutrition Committee. The purpose of these institutes was to bring nutrition education to the women in urban areas. The subject of the first institute was "How To Serve Nutritious and Good Tasting Meals in Spite of Food Shortages," and the subject for the second was "How To Prepare Foods the Safe Way." The third institute will be on "How To Make the Best Use of Home Canned and Dried Foods." Representatives of the three women's organizations serve as hostesses and a nutrition consultant is at hand to act as chairman and direct discussions. Talks and actual food demonstrations are given, and printed material from the Government and other sources is distributed to the audience. Everyone is invited and the admission is free.

#### Community School-Lunch Program

The Food Distribution Administration is authorized to spend not more than \$50,000,000 for food to assist States and communities in operating school-lunch programs during the present school year. Under the program as revised, FDA will reimburse sponsors for approximately 60 percent of the cost of foods purchased for school-lunch program purposes.

Program sponsors will purchase food from local farmers and food dealers and will be reimbursed by FDA up to a maximum amount, depending on the type and number of lunches served. The sponsor must agree to serve lunch without cost to all children unable to pay. No distinction or segregation of any sort is permitted between paying and nonpaying children.

State Departments of Education are being encouraged to assume a greater measure of responsibility for program organization and supervision. State and local nutrition committees can provide invaluable assistance to program sponsors by (1) fully informing the school and the community about the program; (2) arranging for program sponsorship; (3) helping to secure competent supervision; (4) enlisting and training volunteer workers; and (5) suggesting menus, recipes, food budgets, and other aids.

#### No Food Waste in Our Home, Thank You!

No household can reduce its food waste until its members recognize that it has some waste. Here is perhaps the biggest obstacle to be overcome in campaigning against food waste. Almost every man or woman with whom the facts on food waste are discussed says something like this, "Very interesting. In our home of course we never waste a thing. I was brought up to be frugal. If every home was like ours, there would be no problem."

Nothing wasted in our home! Yet, let the garbage collection be late by a day or so, and listen to the complaints. Or let the householder go out to the city dump and watch the trucks unload. Or let the careful garbage analyses be studied, showing an average food waste of 300 pounds per person per year (225 pounds of it edible). Or consult the food waste study made by Dr. Raymond Pearl, Chief Statis-

tician of the Food Administration of World War I, who found the average home wasted 19 percent of the calories brought into it. Someone is wasting this food! As a matter of fact all homes are wasting some of it, hard as that fact may be for the housewife to accept.

The point is that food waste in the home does not occur in pound or quart or bushel lots. It dribbles away in ounces. Or it is concealed in preparation and eating habits. Hence it is difficult for the housewife honestly to interpret what her food waste amounts to. Many types of food waste are hidden in accepted food practices. Discard celery tops, beet and turnip tops, outer leaves of cabbage and lettuce, potato and fruit peelings? Leave a little soup in the bowl, a little juice in the half grapefruit, a little food on the plate, a little meat on the bone, a little bread and butter? It is along such lines, stressing the simple, homely, insignificant-looking, everyday food-waste facts, that we must proceed, first, to convince the housewife that food waste is a problem in her home, too; and second, to get her to accept conservation measures.

A Selected List of Nutrition Articles Appearing in Monthly Publications Prepared by the Subcommittee on Educational Materials, Connecticut State Nutrition Committee. (Reprints not available from this office)

BETTER HOMES & GARDENS

"Kitchen-Gardener with Soybeans." July 1943, page 21.

FARM JOURNAL

"5 Ways to Put Up Food." June 1943, page 44.

"Soysprouts—Hot or Cold." June 1943, page 20.

GOOD HOUSEKEEPING

"Rationing Has Brought a New Cookery" by Katherine Fisher. July 1943, page 90.

HYGEIA

"The National Nutrition Program for Industry" by Robert S. Goodhart. July 1943, page 500.

"Wouldn't You Like to Know About Ice Cream?" by Ethel A. Martin. July 1943, page 511.

McCALL'S

"Fats—for that Well Fed Feeling." June 1943.

"Canning Helps." July 1943, page 33.

"You Can Dry Your Victory Crop." July 1943, page 56.

PARENTS' MAGAZINE

"Treat Eggs with Care" by Eva Selden Banks and Cecily Brownstone. July 1943, page 42.

"How to Can Your Quota" by Marion C. Pfund. July 1943, page 44.

Nutrition Activities in Industrial Plants

Display of Sample Lunches

Food models have been used by the Richmond Nutrition Council in four industrial plants and at an Army Supply Depot to demonstrate good meals and poor meals in order to encourage war workers' choice of adequate lunches. A display of the "Quick Lunch," "Packed Lunch," and "Plate Lunch" for workers displayed in the window of one of the largest stores, created considerable interest.

Conference With New Workers

Supervisors and foremen discuss nutrition with new workers at the Du Pont Plant in Richmond. This is done as a part of the industrial nutrition education program in cooperation with the Richmond Nutrition Committee. The plant has also provided its own nutrition posters for display.



New Materials (Samples Enclosed)

"PLANNING MEALS FOR INDUSTRIAL WORKERS" is a booklet published by the Nutrition in Industry Division of the Nutrition and Food Conservation Branch. It contains suggestions for cafeteria, canteen, and lunch-box menus, and for different types of industrial food service to meet the increasing dependence of war workers upon in-plant feeding. Free copies may be obtained for distribution to committees, managers of restaurants, and of industrial feeding operations from the regional offices of the Food Distribution Administration or from the FDA at Washington 25, D. C.

"GROW YOUR OWN, CAN YOUR OWN"—an attractive, colored poster, size 16 by 22½ inches, put out by the Office of War Information. If it is too late to use this poster in the program this year, it can be used next year. Free copies may be obtained from the Regional Food Distribution Administration Offices.

"NUTRITION AND MEDICAL RESEARCH"—a chart by Dr. James S. McLester, giving excerpts from the introductory chapter to the "Handbook of Nutrition" published by the American Medical Association. It emphasizes that we are only at the beginning in most of the fields of nutrition research. Also:

"FOUR GREAT INTERESTS OF MAN IN FOOD"—a companion chart to Nutrition and Medical Research. It gives quotations on each of four food interests—adequate supply, palatability, sanitation, and nutritive quality. Additional free copies of both charts may be obtained by writing to Nutrition Foundation, Inc., Chrysler Building, New York City.

New Materials (Samples Not Enclosed)

"NUTRITION NOTES"—an attractive booklet with words and music for eight nutrition songs by the students and faculty of Sarah Lawrence College. Two of the songs have original music, the others are written to old familiar tunes. They'll make eating proper foods more interesting for children, and adults may find them fun, too. The songbook can be obtained from Madeleine P. Grant, Sarah Lawrence College, Bronxville, N. Y., for 25 cents a copy. The words without music cost only 2½ cents each in lots of over 10. Both are cheaper if purchased in quantity.

Sincerely yours,



M. L. Wilson,  
Chief, Nutrition and Food  
Conservation Branch



W. H. Sebrell,  
Associate Chief, Nutrition and Food  
Conservation Branch

Enclosures